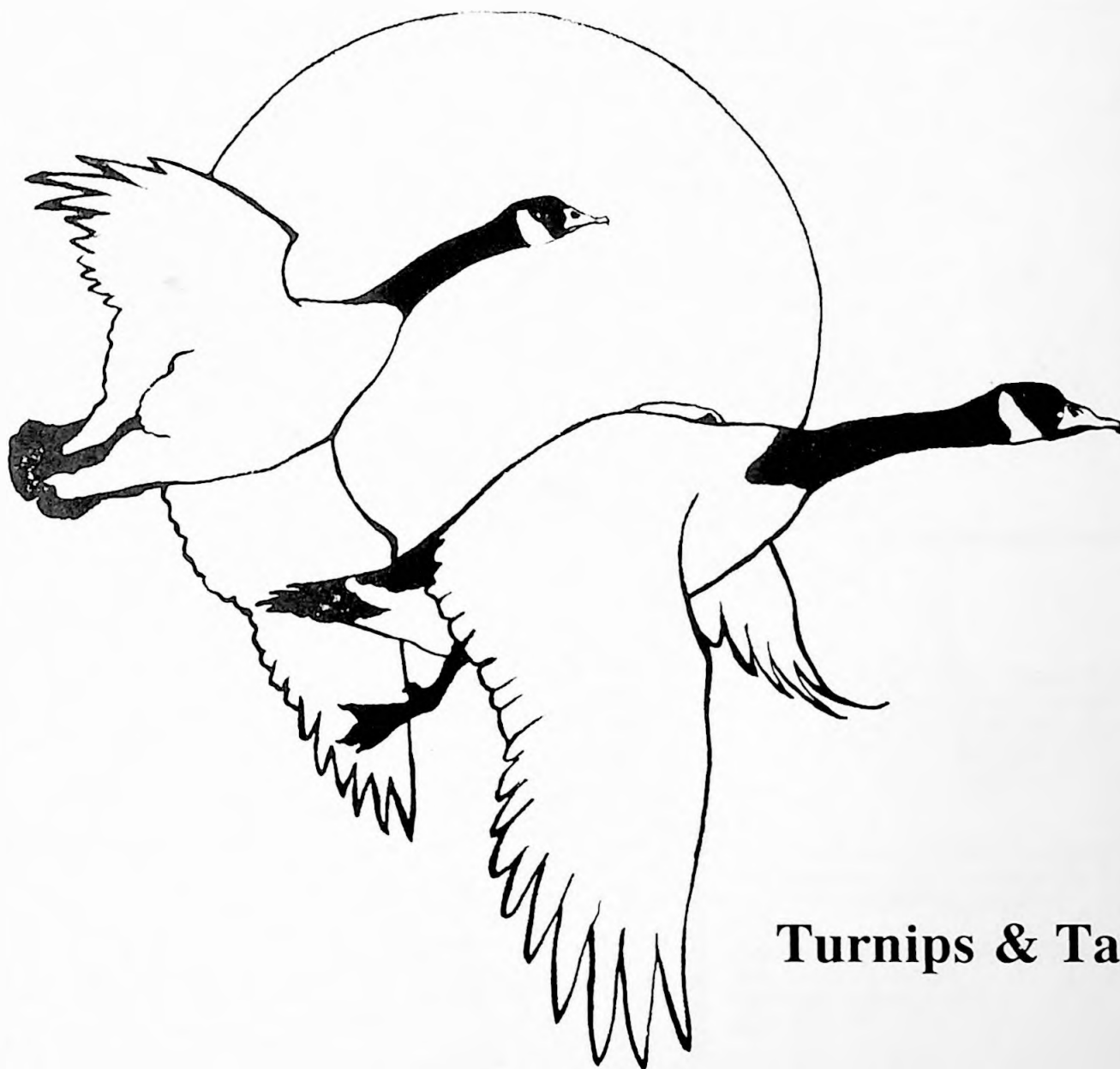


# Ec - Sense



**The Human Ecology Foundation of Canada**  
**La Fondation canadienne pour l'écologie humaine**  
**Ottawa**



**Turnips & Taxes**

**Spring 1989**

QF



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## Help!

*The Ottawa branch of the Human Ecology Foundation needs your financial support. Please include the foundation in your charity plans this year. Help yourself and others by making a donation.*

**Make cheques payable to the Human Ecology Foundation. A receipt will be issued for income tax purposes.**

**Send to:**

**Human Ecology Foundation (Ottawa)  
Box 11428, Station H,  
NEPEAN, Ontario  
K2H 7V1**

## PRESIDENT'S MESSAGE

### HUMAN ECOLOGY FOUNDATION (HEF) TO BECOME ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

In 1989, The Human Ecology Foundation of Canada will be celebrating the twentieth anniversary of its founding. The organization is coming of age. Founded by Dr. John MacLennan, Canada's first clinical ecologist, as a support group for environmentally sensitive patients in the Hamilton/Dundas area some 20 years ago, the organization now includes 7 branches in Ontario as well as additional branches in New Brunswick and Nova Scotia.

### GRANT RECEIVED

A number of steps have been taken in the last year to make the organization stronger. Most significantly, a sustaining grant of \$131,300 for 1988/89 has been obtained from the Trillium Foundation, a provincial government organization which provides seed money to assist organizations such as the Human Ecology Foundation. A smaller grant of \$20,000 has been received for the editing and publication of The Source Book, a consumer guide for the environmentally sensitive.

To be eligible for the Trillium grant, the Human Ecology Foundation of Canada, a national organization, was asked to create a provincially incorporated non-profit organization to assure that the funds would be spent in Ontario.

The need to create a provincial organization encouraged a discussion about replacing the name Human Ecology Foundation with Allergy and Environmental Health Association which is both easier to remember and describes the organization somewhat more clearly.

At the Annual Meeting of the Human Ecology Foundation of Canada to be held in April 1989, the name of the national organization will be formally changed. The Executive Committee of the Ottawa Branch of the Human Ecology Foundation approved the forthcoming name change at a meeting held on December 8, 1988.

The Allergy and Environmental Health Association of Ontario has engaged an Executive Director, Ms. Jacky Roddy and expects to hire an area coordinator and an administrative assistant to operate the provincial office which will be located in or near Guelph, Ontario.

Sincerely,  
Anne Castle

WE  
INVITE  
YOU TO JOIN  
US

Membership in the Human Ecology Foundation of Canada includes a subscription to the Foundation's Quarterly magazine and Branch publications, which cover the latest developments in prevention and treatment of environmental illness. The Branches provide and hold meetings, lectures and other activities in each area. To become a member, complete the form below and mail it along with your cheque or money order (payable to the Human Ecology Foundation of Canada) for \$20.00 to: The Human Ecology Foundation of Canada, P.O. Box 11428, Station H, Nepean, Ontario, Canada, K2H 7V1.



Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

I am enclosing a cheque — money order — for \$20.00 to cover one year's membership in the Human Ecology Foundation of Canada.

\*Optional - This membership is a gift to the above from \_\_\_\_\_

(Optional) In addition, I am enclosing a donation of \$\_\_\_\_\_ to further the purposes of the Foundation. (All donations are tax deductible as charitable donations).

Corporate Sponsorship \$100.00.

## EDITOR'S MESSAGE

### OUR THANKS

#### Contributors

Judy Benson  
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Anne Castle  
Grace Crout  
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Virginia Salares

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Anne Buckingham

#### Distribution

Marjorie Seward



### **\$1,000 DONATION RECEIVED FROM OTTAWA CHEMISTS CLINIC PHARMACY**

For the third year in a row, Greg Etue of the Ottawa Chemists Clinic Pharmacy has donated \$1,000 to the Human Ecology Foundation of Canada, Ottawa Branch. This is the largest sum received from a single donor this year and it is greatly appreciated.

This edition of Eco-Sense is my first effort as editor after taking over this task from Judith Benson who was responsible for most of the work last year. We owe you a "thank you" Judy for your efforts. This time round there will not be the artistic effort you put into the journal. It will be rather plain but I hope it will be just as informative.

I volunteered to take over the Eco-Sense because I think it is so important for people with environmental illness to feel that they are not alone. I feel very strongly that members should continue to be as well informed as in the past about new ideas with regard to their treatment and recovery.

Dr. Molot will be coming to give us his annual update in March so in the next issue I will be writing about it. Dr. Mickelson will be talking to us in April and that information will be in the next issue as well for those who cannot come.

The HEF has recently been granted funds by the Trillium Foundation but we will only receive enough this year to purchase a computer to facilitate communication with our members. We will have to raise money ourselves if we are to receive more than this initial amount and with this in mind I approached our committee about the possibility of fundraising. There are a good number of people in our Ottawa branch who have talents of an artistic nature. We would be happy to hear from you about any time or ideas you have to contribute towards such an undertaking. Your time and skills are of value to us. Until such time as we have a volunteer fundraiser, I will be happy to take your calls about this matter.

Our February meeting was about organic gardening and with the news about pesticides in our foods, it certainly was timely. I would like to get some idea as to how many members are, or will be growing organic vegetables. I want to gauge the interest and try to provide more information and perhaps we can swap information. We would all learn more in the process.

I feel that producing Eco-Sense is too much for one person to do so it is possible that without volunteers to help with various aspects of getting it together, there will not be one for a considerable time.

One very impressive aspect of our organization was demonstrated recently when our speaker for the January meeting was not able to come because of an accident. Within a very short time, our president Anne Castle had rounded up a few members to give us an impromptu information night. We have a level of expertise in our members that we can call on readily and we are becoming known for it. However, we very badly need volunteers to come forward to spread the work load.

The next issue will be about the environment where you spend most of your time - your home. Also clothing and home furnishings will be featured. If you have information about these subjects such as businesses which cater to our needs, research information, etc., please call me at 829-0883. I would like to get all information for the next issue by May 31st, so do your best.

Anne Buckingham

# WE NEED YOUR HELP!!!!!!!!!!!!

At last, another issue of the Eco-Sense has arrived!

If the membership expects our newsletter to continue in this magazine format, then there must be human resources available to help with its production. One editor cannot be expected to carry the entire load. The work can be divided into the following positions:

## Copy Editor:

- receives articles
- redrafts
- types copy when necessary
- participates as a member of an Editorial Board

## Advertising Manager:

- co-ordinates with Eco-Sense about any special content of interest to advertisers and confirms timing of publication
- solicits advertisements from pharmacies, health food stores, suppliers of products for the ecologically sensitive consistent with the HEF advertising policy
- bills advertisers and receives payment for transmittal to the Treasurer
- receives enquiries and advertising copy for submission to the HEF Ottawa Advertising Committee for assessment and approval

## Publisher:

- transfers Eco-sense articles onto a computer using desk top publishing software
- prepares newsletter for final printing
- arranges for printing

## Distributor:

- mails Eco-Sense to our membership (labels, envelopes and stamps are provided)

Without your help this organization will not be able to continue to provide the services or meet the growing demands of our members. Other KEY executive positions need

## HUMAN ECOLOGY FOUNDATION OF CANADA (OTTAWA)

### Ottawa Branch Executive Committee

PRESIDENT	Anne Castle	233-2461
PAST PRESIDENT and EDUCATION CHAIRPERSON	Virginia Salares	839-5667
VICE PRESIDENT (SUPPORT SYSTEMS) and PUBLIC SERVICE COMMITTEE CHAIRPERSON	Johanne Falardeau	837-7173
VICE PRESIDENT (PUBLICITY)	VACANT	
VICE PRESIDENT (FINANCE)	Jim McCulloch	832-2303
SECRETARY	VACANT	
TREASURER	Bill Fritz	729-9749
PUBLICITY CHAIRPERSON and AIR CLEANER RENTAL CO-ORDINATOR	Barbara Bellin	238-2403
MEMBERSHIP CHAIRPERSON	Marianne Kasproicz	224-7136
NEW MEMBERSHIPS and RENEWALS ASSISTANT	Penny Corbin	225-1462
LIBRARIAN	VACANT	
TAPE LIBRARIAN	Pat Gorgas	224-0801
TELEPHONE COMMITTEE COORDINATOR	Judy Benson	684-1339
SOCIAL ACTIVITIES COORDINATOR	Beverley McCulloch	832-2303
WORKSHOP COORDINATOR	Penny Corbin	225-1462
FOOD CHAIRPERSON	Carolyn McCoy	825-0279
WILD GAME CHAIRPERSON	Manon Gaudreau	(819) 684-2036
ECO-SENSE, EDITOR	Anne Buckingham	829-0883
CO-EDITOR	VACANT	
PUBLISHER	VACANT	
ADVERTISING MANAGER	VACANT	
DISTRIBUTOR	VACANT	
FUNDRAISING CHAIRPERSON	VACANT	

to be filled immediately:

## Library Chairperson:

- keeps library of books at home
- makes books available to members at scheduled hours
- maintains library catalogue and supervises book returns
- recommends overall library lending policies, fines, and acquisitions

## Book Acquisition Librarian:

- obtains publishers list
- visits book stores to search out possible purchases
- obtains recommendations from the executive for book acquisitions
- budget of approximately \$400 per annum
- time commitment variable, ap-

proximately 5 hours per month

## Mobile Library:

- brings a selection of books from the library to monthly Thursday night meetings
- monitors books signed out and book returns
- available 15 minutes before and after meetings

## Book Review Editor:

- identifies books suitable for review
- arranges with members to provide book reviews for Eco-Sense

## Cataloguers:

- assists library chairperson and alternates
- assists with cataloguing acquisitions, mobile library

**Fundraising Chairperson:**

- develops a fundraising plan to meet objectives for Ottawa Branch activities and programs
- co-ordinates with provincial office concerning provincially co-ordinated fundraising programs
- assures that activities such as flea market, and other programs are organized

**Secretary:**

- attends monthly executive meetings
- summarizes decisions taken in minutes for presentation at the next month's meeting

**Vice-President Publicity:**

- makes contact with newspapers, television, and radio to promote HEF
- helps devise strategies for publicizing

ing our meetings, events and newsletter

If you have been helped by this organization, please offer some time. By helping others you will help yourself.

Call Anne Castle today at 233-2461 to discuss details.



# OTTAWA CHEMISTS CLINIC PHARMACY

.....more than a drug store!

192 Laurier Avenue West  
(in the Liberal Centre, 200 Laurier Avenue West)  
Ottawa, Ontario  
K1P 5J8

613-235-3993

## *The Tester Program*

One of the problems which people with environmental hypersensitivity have (among a multitude of others) is the purchasing of nutritional supplements and subsequently discovering that they cannot tolerate the product for some reason. The result is many, many bottles of supplements collecting on a shelf somewhere with only a few used. This practice is expensive and wasteful but until now it was an unavoidable burden associated with nutritional supplementation therapy for ecological type illnesses. It is time to address this wasteful problem.

Although we cannot offer this program for every single product we sell, OTTAWA CHEMISTS CLINIC PHARMACY is now offering, for sale, small quantities of our private brands and major sales items, for a testing opportunity, for a small premium over the regular selling price.

Here's how it works....Say you want to try a vitamin E 400 IU natural product and our Habervites brand costs \$11.95/100 caps. The product is a lot of money and you are worried that you may not tolerate the item. You can now buy a "tester size" which we will make up for you for a premium added to the pro-rated price to cover the cost of the effort. In this case the cost would be \$1.80/10 caps. Though the 10 capsules are more costly per capsule, the risk of first purchase to see if you can tolerate the product you wish to try is very much reduced.

## *Insurance coverage*

Nutritional supplements can be costly and the common ones are usually not covered by insurance plans.

If you are an Ontario Drug Benefit (ODB) recipient many of these products can be made to be covered by this plan with the help of your physician. (Did you know that some herbal products can be covered by ODB?)

Call anytime to arrange an opportunity for us to review your supplements so eligibility for ODB coverage can be achieved.

This service is also available for those who have other insurance plans (eg. Blue Cross, P.C.S., etc.)

## *Nutritional supplements on prescription*

Always get prescriptions for your nutritional supplements. Products on prescription cost no more, improve the quality of your health care monitoring, and may provide you with valuable tax deductions or credits (if they cannot be reimbursed by insurance plans.)

## *Our ongoing sale*

Buy any 5 of the same nutritional supplement price and obtain a 25% discount. People should group together and save. It's sensible, sociable, and thrifty!

We hope you like our programs and services. Your comments and suggestions are always appreciated.

Eco-Sense

# Pesticide Update

Virginia Salares

Earlier this year, a coalition group called Pesticide Education Network - Ottawa was formed. The core members are from the Human Ecology Foundation, Canadian Organic Growers, Genetic Research Organization, World Interaction and the Canadian Wildlife Service. The primary concern is pesticides; the goal is to educate the public and persuade governments to pass tough legislation on pesticide use.

I believe that HEF members share PEN-Ottawa's concerns. Urban dwellers should be particularly concerned with the proliferation of commercial lawn care services in the last few years. Are your neighbours using pesticides on their lawns? Most certainly, if the lawns are weed-free. The companies are allowed by law to apply up to 71 different pesticides. Most of these are inadequately tested for their long-term effects. Practically nothing is known about the "inert" ingredients.

Our exposure to toxic chemicals comes not only from the air but also from food and water. We can

make choices about food and water, but we have no choice about the air we breathe. The air quality index does not mean anything if the air is locally polluted, as in your neighbourhood, for example. At the present time, we are focussing on non-agricultural uses of pesticides, since we know that it will be much more difficult to remove them from our food systems. But it is a first step.

The Ontario Ministry of the Environment has shown some responsiveness to our concerns. The attitude now is much less hostile than ten years ago. However, we cannot expect changes until more people are heard. And that means you!

We are either the victims or potential targets of pesticides. We have to fight back. Please help! We request you to write

**The Hon. James Bradley**  
Ontario Minister of the Environment  
135 St. Clair Avenue West  
Toronto, Ontario M4V 1P5

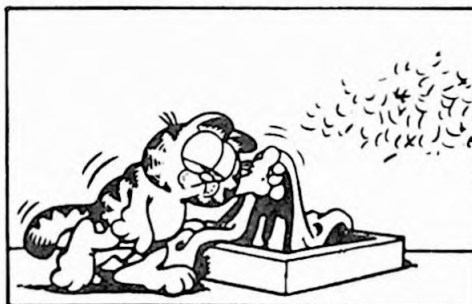
Tell him about any experience or observation you have had in con-

nection with lawn spraying, how you are affected and what you would like to be changed. Finally, ask him what action he will take. We have the inside track that every letter which gets to Mr. Bradley's office is paid close attention to, particularly if you mention your health or that of your children.

The more personal your letter, the better. Please use the sample letter as a guide only. Or let someone you know send it to Mr. Bradley. We need as many letters as we can to reach him. Please save a carbon copy or photostat for us and either mail it to me (R. R. 2, Kinburn, Ontario K0A 2H0) or bring it to an HEF meeting.

Please think of the time and effort it takes you to write the letter as something you are giving back to HEF.

Also for your information, there are now two companies that offer organic lawn care treatment. Bill Bitz of Ganden Landscape Ltd (821-4060) Appleseed Lawn Care (230-2325)



# Government Studies Organic Agriculture

Judy Benson

Agriculture Canada has shown some interest in organic agriculture by undertaking a preliminary review of the current situation across Canada.

This particular review was designed to gather information for industry and government; however, this was not meant to gauge consumer interest in organically raised foods.

A market research study to assess consumer acceptance and interest was therefore launched entitled Organic Agriculture Study and the objectives included evaluating market demand, availability, present level of consumption, and identifying consumers' ideas and perceptions surrounding organic produce.

A random sampling was obtained by way of telephone interviews with the main shopper in each of 100 households in 10 Canadian cities, east to west. The results derived from the interviews showed that, generally, respondents want more organically grown produce with consumers in Quebec showing the strongest interest and those in the eastern and western provinces, the least. Among those who buy organic, the majority (60 - 68%), do so only occasionally, but 40% felt that no chemicals should be used in commercial foods at all.

The survey indicated that the prime reason for purchasing organically raised food is the desire to avoid

the chemicals and additives used in commercial food and the belief that the produce is better in terms of taste, health, quality and nutritional value. It was determined that the group found to be the primary purchasers are upscale urbanites\* who made their purchases, for the most part, from a farmers' market or at the farm gate--mostly vegetables, fruits somewhat less and meat and dairy products the least popular. They were satisfied with the quality available.

An interesting sidelight to the survey found that one-half of all respondents are eating less red meat than they were 5 years ago. Red meat was the only category of food studied which showed a decline in consumption while poultry showed the greatest gain.

The study also revealed that there is confusion among consumers as to the definitions existing - natural, organic and wild. In general respondents were not able to clearly distinguish between these terms defined as follows:

**Organic:** Foods grown, raised, processed without the use of chemical fertilizers, pesticides, preservatives or food additives.

**Natural:** Foods which have nothing added or removed from the state in which they were received. (Used mainly in relation to

processed products.)

**Wild:** Foods found growing in their natural surroundings without the nurturing or intervention of mankind. Eg. blueberries and game.

**Commercial:** Foods available in the marketplace which are not labelled organic, natural or wild.

This group of consumers (the respondents) articulated skepticism that the Government insures product safety and therefore feel that the buyer must beware.

This survey gives direction for the marketing of organically grown produce in Canada and it is expected that as more products become available the more they will gain in popularity; however, any expansion of the market would be determined by price. There would be a sharp decrease in demand if the price level rises higher than 25%.

\* Is this us? - AgCan is overlooking another high-need group although many E.I. sufferers may well fall within the identified group. Anyway, it shows some interest on the part of government to promote the idea of alternatives to industry and the producers.

Note: A copy of the complete Agriculture Canada document is available at the H.E.F. Library.

BROOM HILDA

NO QUESTION! UNCONTROLLED CUTTING OF THE AMAZON RAIN FOREST HAS THE LOCALS IN A TIZZY!



BUT! TREES ARE A RENEWABLE RESOURCE! AS WE SPEAK, OUR RESIDENT EXPERT IS HOT AFTER THE PROBLEM!!



I'M GONNA NEED SOME REALLY GOOD FERTILIZER HERE!!!



# Another Enjoyable Potluck Supper

Judy Benson

About 30 HEF members, their spouses and some of the children got together for another of HEF Ottawa's "famous" Pot Luck Supper evenings on December 2nd at McNabb.

There was a nice variety of food ranging from a very excellent soup prepared by Judy and Bill Fritz to a delectable wheat-free/milk-free "French Silk" Chocolate Pie made by Johanne Falardeau. Casserolés, roast chicken, venison, a colourful veggie tray, sensitivity-wise cookies, blueberry goodies, to name but a few choices made up a table of abundance. Topped off with every flavour of herb tea anyone would want, this twice-annual activity was its usual great success.

The entertainment was provided by the three Salares children - Aileen, Rachael and Jason, each playing the piano; and young Oliver Brackenbury who played his "unnamed piano concerto". Pat Gor-

gas played some numbers on her Hawaiian guitar and there were carols thanks to Anne and George Buckingham who provided the Citizen carol sheets and the piano accompaniment. Little Miss Gaudreau played superbly as well!

Everyone is welcome and encouraged to join in the fun and conviviality of the next and subsequent suppers - there will be one in the late Spring and another one - perhaps a picnic - later in the summer.

If you prefer china and stainless steel to plastic and plastic, you are urged to bring along your own plate, cup or glass and cutlery along with your contribution to the Supper. So that everyone can possibly sample your recipe without reacting to an unknown ingredient, it is a good idea to write a list of the ingredients to place on the table beside your dish. And.....talent is always welcome! See you there!

## French silk chocolate pie

(Wheat-free/Milk-free)

Crust:

- 4 oz coconut (large shreds)
- 1/3 c. chopped walnuts
- 4 tbsps butter or margarine

In heavy skillet, brown coconut and walnuts until nice brown colour. DO NOT BURN. Stir constantly. Press in 9" pie pan. Cool.

Filling:

- 1/2 c. margarine (NOT butter)
- 3/4 c. sugar
- 2 eggs
- 2 squares chocolate (melted and cooled) (or substitute carob or coco powder)
- 1 tsp. vanilla

Cream margarine, adding sugar. Cream well. Blend in chocolate and vanilla. Add ONE EGG AT A TIME, beating 5 minutes after each. Now, now, be patient, it will be delicious. Turn into pie shell and FREEZE (can keep for 6 weeks). Takes 40 minutes to thaw.

Bon appetit. (Johanne Falardeau, from Diane Desrochers-Chase, in an old issue of Eco-Sense)

## Beverley McCulloch's cookies

Cream together:

- 1c. oil
- 1 tsp lecithin (optional)
- 1c. honey or raw sugar (Bev used 1/2c. honey)
- 1 1/2 tsp. vanilla
- 2 tsp lemon or orange rind
- 1 1/2 tsp salt

Mix:

- 1c. whole wheat pastry flour
- 3/8c. soy flour
- 1c. cold water (when using honey use 1/2 c. cold water)

Add:

- 5c. rolled oats
- 3/4c. nuts
- optional 1/2 c. raisins, 1/2c. carob chips

Mix well. Drop by spoonfuls on a greased cookie sheet. (you may have to form the cookies with your hands). Flatten with a fork. Bake until light brown at 350 degrees. Makes 4 or 5 dozen.

(Beverley McCulloch from the Ten Talents Cookbook)

## NOTE FROM THE EDITOR

ALTHOUGH THIS ARTICLE IS NOT TOTALLY RELEVANT TO THE ENVIRONMENTALLY HYPER-SENSITIVE, IT DOES PROVIDE A GOOD SUMMARY OF THE NEW TAX CHANGES AND IS AN EXAMPLE OF WHAT POST-POLIO DISABLED IN B.C. HAVE BEEN ABLE TO CLAIM IN INCOME TAX DEDUCTIONS. PLEASE BEAR IN MIND WHEN YOU READ THIS THAT IT USES BRITISH COLUMBIA RATES.

## A Brief Outline of Changes in Income Tax

In September of this year, significant changes were made to Canadian tax laws. This article is intended to address some of the most relevant features affecting PPASS members.

For 1988 and presumably subsequent years, the number of personal income tax brackets has been reduced to three, as follows:

Taxable Income	Total
Up to \$27,500	26.27%
\$27,501 to \$55,000	40.17%
\$55,001 and up	44.81%

Although the top marginal tax rate has declined from 52.5% in 1987 to 44.81% in 1988, individuals reach the top rate at \$55,000 compared to \$63,347 in 1987.

The rationale for many of the revisions to the tax laws is an attempt to make the tax system equitable.

In order to accomplish this, non-refundable tax credits are to replace personal exemptions and many of the other deductions of prior years.

### TAX CREDITS

Previously, exemptions and deductions were subtracted from income before calculating taxes payable. Consequently, the tax savings depended upon the taxpayer's tax "bracket" - the higher the income, the greater the benefit.

Tax credits will be subtracted from taxes owing rather than from income, so that everybody receives the same reduction in taxes, regardless of taxable income.

In order to phase in this transition to tax credits, the income tax department will likely utilize a separate schedule to calculate total tax credits.

The following table illustrates

the conversion of some exemptions tax credits assuming a combined tax rate in British Columbia of 26.27%.

	Personal Exemption	Total Tax Credit (Federal and Provincial)
Self	\$4,280	\$1,576
Spouse	\$3,750	\$1,313
Age	\$2,680	\$850
Disability	\$2,930	\$850

Additional tax credits are provided for dependent children (under 18), C.P.P. and U.I.C. premiums and various other situations.

### INVESTMENT INCOME AND CAPITAL GAINS

Further details on changes can be supplied by writing to PPASS office.

### PENSION INCOME AND AGE CREDITS

For 1988, the \$1,000 exemption for eligible pension income has been converted to a tax credit, resulting in a combined tax reduction of approximately \$263 in B.C.

The definition of what constitutes eligible pension income appears to be comparable to the prior year.

Similarly, the age exemption for persons aged 65 and over has been converted to a tax credit, equivalent to approximately \$850 in combined federal and provincial taxes.

### DISABILITY DEDUCTION

If you, your spouse or a dependent has a marked restriction in the activities of daily living, we recommend that you obtain a Disability Deduction Certificate (Revenue

Canada, Taxation Form T2201). If you qualify, this form should be completed by a licenced medical practitioner and submitted with your 1988 tax return (due April 30, 1989).

You may be able to have your 1987 tax return reassessed if you were eligible to claim a Disability Deduction but failed to submit the requisite form.

The Disability Deduction has been converted to a tax credit for 1988, equivalent to a combined tax reduction of approximately \$850.

### MEDICAL EXPENSES

For the 1988 income tax year, qualifying medical expenses are generally deductible to the extent that they exceed 3% of the taxpayer's "net income" for the year.

For 1988, Revenue Canada has made one significant change to the calculation of allowable medical expenses. In determining the non-deductible portion, a \$1,500 maximum has been introduced. Consequently, an individual with net income of \$50,000 will be permitted to deduct all medical expenses greater than \$1,500. This, of course, has relatively limited applicability.

Qualifying medical expenses include those incurred by an individual on behalf of himself, his spouse or persons who may be claimed as dependents. Revenue Canada, Taxation permits either spouse to claim the medical expenses, regardless of who received the medical treatment or who is indicated as having paid the bill. This provides a benefit where the income of one of the spouses is otherwise too high to take advantage of claiming the medical expense.

Medical expenses may be claimed for any twelve month period ending in the calendar year (of

course, the expenses may only be claimed once). A careful review of the timing of medical bills and when they should be claimed may result in a substantial difference in the actual tax benefit realized.

Remember that all claims for medical expenses must be documented by receipts. If you have been reimbursed for a medical expense and the reimbursement is not included in your employment income, you may not claim the expense.

The definition of what types of medical expenses are deductible is set out in paragraph 110 (1)(c) of the Income Tax Act of Canada. A detailed listing in this article is impractical, but we would note that qualifying expenses include:

- Payments to medical practitioners, including chiropractors, naturopaths and therapists.
- Payments to licenced private hospitals.
- Payments to a full time attendant for a person who has a severe and prolonged mental or physical impairment. This attendant may provide the care in a nursing home or in a self-contained domestic establishment under specified conditions.
- Transportation and travelling expenses of the patient and an accompanying individual to or from a public or licenced private hospital for treatment. A claim for an accompanying individual is allowable only where the patient has been certified as being incapable of travelling alone.
- Where an individual has to travel more than 80 kilometers for treatment because equivalent medical services are unavailable, reasonable travel expenses, including meals and accommodation, may be claimed. Claims must be substantiated by receipts.
- The allowable portion of medical expenses will be converted to tax credits at a combined value of 26.27% of the amount calculated.

Although generally not well known, it is also possible to claim the cost of various devices and equipment. Regulation 5700, which was recently modified, details the allowable devices, including the following items:

- An orthopaedic shoe or boot or an insert for a shoe or boot made to order for an individual in accordance with a prescription to overcome a physical disability of the individual.
- A power-operated guided chair installation, for an individual, that is designed to be used solely in a stairway.
- A mechanical device or equipment designed to be used to assist an individual to enter or leave a bathtub or shower or to get on or off a toilet.
- A hospital bed and attachments if prescribed by your medical doctor.



- A device that is designed to assist a crippled individual in walking.
- A power-operated lift designed exclusively for use by a disabled individual to allow access to different levels of a building, or to assist the individual to gain access to a vehicle or to place a wheelchair in or on a vehicle.
- A device designed exclusively to enable an individual with a mobility impairment to operate a vehicle. This includes the cost of conversion kits to modify family vans to permit persons confined to wheelchairs to gain independent access to the vehicle and drive it.

#### CHARITABLE DONATIONS

For 1988, the first \$250 of donations will entitle the donor to combined tax credits of approximately 26.27%.

Donations greater than \$250 will result in tax credits worth approximately 44.81% of the value of the donation.

Remember that to be deductible, donations must be made to registered charitable organizations possessing a Revenue Canada, Taxation number.

Special rules pertain to gifts to the Crown, but in general, the maximum amount on which the tax credit will be calculated remains at 20% of the individual's "net income", with a five year carry forward for donations not claimed.

#### REGISTERED RETIREMENT SAVING PLANS

Most of the proposed changes to the RRSP rules have been postponed for another year. For 1988, the maximum RRSP contributions will be limited to 20% of "earned income" up to a maximum of \$7,500. Previously proposed increases to RRSP limits will probably not occur now until 1990. The calculation of 1988 earned income, however, will now have to be reduced by amounts paid as tax-deductible alimony or maintenance.

Recipients of alimony or maintenance may still include these payments in determining earned income.

Until 1990, pension and superannuation benefits are included in earned income.

For 1988, it will be possible for the first time to make a "tax-free" transfer of a deceased person's RRSP benefits to an RRSP or RRIF in the name of a common-law spouse. However, ordinary RRSP contributions may not be made to a common-law spouse's RRSP.

#### TRANSFERABILITY OF TAX CREDITS

Remember that many of the former exemptions and deductions provided for unused amounts to be transferred to a spouse.

This feature still exists for the tax credits and a careful review should be done to ensure that this is not being overlooked. Note that for 1988 tuition fee tax credits may be transferred to supporting individuals where the student cannot utilize the tax credit.

The comments in this article are designed to make members of PPASS aware of possible deductions and tax credits when completing their 1988 personal income tax return. Due to the limited space available and the complicated nature of the income tax rules, we are unable to adequately ad-

dress every possible circumstance. Consequently, we recommend that you consult with a professional advisor to determine what is appropriate for your own specific requirements.

**REPRINTED WITH PERMISSION OF PPASS (POST POLIO AWARENESS SUPPORT SOCIETY).** This article was written by PPASS Society auditor, Alex Burnell of the firm Burnell & Petersen, Chartered Accountants, #100 - 3930 Shellbourne Street, Victoria, B.C. V8P 5P6. (Nov/88)

## Letter From the Minister of Finance - Michael Wilson

December 22, 1988

Mr. & Mrs. Donald Black  
31 Ballyronan Road  
Don Mills, Ontario  
M3B 1V2

Dear Mr. & Mrs. Black:

I am pleased to inform you that, as a result of your efforts on behalf of individuals whose immune systems have been seriously weakened due to environmental factors, a number of items required to maintain or restore the health of such persons will be eligible for tax assistance beginning in 1988. I am enclosing a copy of the relevant press release announcing this development.

Specifically, for individuals diagnosed by a licensed medical practitioner to be chronically environmentally hypersensitive, the following items are now eligible for tax assistance:

- water filtration devices and non-carbonated bottled water required to permit consumption tolerance;
- electric furnace if the existing non-electric furnace is no more than five years old; and
- fixed or portable air intake purifiers, but not including air conditioners or heat pumps.

Upon initially submitting a claim for these items, it will be necessary to provide a letter from a licensed medical practitioner certifying that the individual in respect of whom the purchase was made is diagnosed as being chronically environmentally hypersensitive and that the items are prescribed by that physician as part of the treatment. In this way tax assistance will be focused on those who are required to purchase such items rather than to the broader range of individuals who purchase the items for reasons of personal preference. Thus, in the case of bottled water, claimants are to prorate expenses to reflect their portion of total household consumption.

I would also like to take up your kind offer to provide a copy of this letter to the relevant newsletters so that the individuals who believe that they might be eligible for tax assistance can better understand the range of items now covered and the administrative requirements involved.

Yours sincerely,

Michael H. Wilson

c.c. Mr. Alan Redway, M.P.  
Mr. Patrick Boyer, M.P.

## Disability Credit Certificates

Request disability credit certificates T2201 from Revenue Canada to apply for \$3200 disability deduction. It is not based on the fact that you cannot work but on the fact that you have a disability that is certifiable by a medical practitioner. It compensates for the fact that it sometimes costs more to be able to work. You have various living costs that may not be specifically deductible. This dis-

ability deduction used to be quite restrictive in that you had to be confined to a wheelchair. Revenue Canada started adding such items as prosthesis (eg. artificial limb). If the disabled person did not have that prosthesis or wheelchair they wouldn't be able to get around. They are eligible for a disability deduction. They may have gainful employment but they are still eligible. The deduc-

tion is not normally disallowed when a letter or certificate from your doctor is sent with your tax forms.

Call 598-2300. Ask for both the certificate and the interpretation bulletin IT-225R, Medical Expenses.

If you have already filed your return, you may submit an amendment after your return is processed.

## Medical Deductions From Income Tax

As of January 1, 1989, persons with chronic environmental hypersensitivities will be eligible for certain deductions from the medical deduction income taxes. According to Gilbert Hawley of the Department of Finance, the deductions would apply to persons certified by their medical

doctor to be environmentally hypersensitive. Certain prescribed items would be deductible as follows:

- electric furnace (to replace a non-electric furnace)
- non-carbonated bottled water
- water filters
- air purifiers - fixed or portable

but not air conditioners or heat pumps

If other non-sensitive members of a family use water filters or bottled water, the amounts should be prorated.

## Additional Information

Some members, with a doctor's prescription, have claimed and been successful for the following:

- Additional expenses for building an environmentally healthy house. (extra expense incurred in comparison with another house not built for an environmentally sensitive family. e.g. plaster instead of gyprock.
- Bedding such as mattresses especially made for sensitive people.
- Vitamins and supplements
- Pharmaceutical products such as pH paper, epsom salts
- Organic food

One of our members has been keeping meticulous records and has claimed for many items and been successful in her tax claims. A letter from your physician to Revenue Canada saying that you (or your child) is environmentally hypersensitive will ease things along.

Another one of our members had a suggestion about how to arrive at a fair claim for deduction for organic food, etc. He added up all food items and toiletries and claimed half the cost.

If GSMIP refuses to pay for any of your medical needs or if they pay only a part of your expenses, take the difference and claim it on your income tax.

GSMIP premiums may also be added to your medical expenses.

Disability insurance premiums (total contribution to a plan) are also deductible for those receiving disability insurance benefits.

If you do something to your home that you wouldn't have done if you were not environmentally ill, like ripping out your bedroom carpet and putting in a hardwood floor, you can deduct the entire amount because it is work that you would not have done otherwise.

Buying some new cotton

clothes to replace the synthetic or wool clothes you can't wear is another item.

You can claim for the services of a chiropractor, acupuncturist, even if he is not a medical doctor and many others in the medical field or related to it.

If you have to travel for health reasons to get treatment outside your home area (beyond 25 miles) and your doctor has referred you because the service is not available locally, you can deduct your travel expenses, hotel, gas, meals and you can even deduct the expenses of someone accompanying you. Remember to keep all receipts.

Also, if you are disabled and you have to buy a car because you can't use public transport (because of their use of pesticides, for example), you can get the provincial tax deduction. Provincial sales tax that you pay on your new car may be refunded to you.

## &lt; &lt; Classifieds &gt; &gt;

**WANTED**

Letters, articles, stories, poems, cartoons, recipes, hot tips, anything you want to share with other members.

This is your organization and your newsletter. Use it as a vehicle for participation, a place to be heard or to share a laugh or cry.

Please ensure that all contributions are either legibly written, typed, or input on an IBM compatible floppy diskette.

And please remember to include your name and telephone number.

Contributions may be dropped off to any executive member.

\* \* \*

HEF Ottawa Branch is desperately in need of office space. If you know of anyone who could donate space to be used for the HEF library and an administrative office, please let someone on the executive know.

\* \* \*

**AIR CLEANER**

The HEF owns a Tibbits air cleaner which may be rented for \$10 a week for a trial period of up to three weeks. Phone Barb at 238-2403. If you need information about air cleaners in general or have information that I could pass on to other HEF members, please feel free to call.

I also have a large quantity of part-cotton felt filter material available (at cost - cheap) which may be substituted for synthetic filters in most air cleaners.

**FOR SALE**

Distiller Midi-Still 'D' all stainless steel with detachable post carbon filter. Manual fill up. Has been completely run-in - outgassed. 1 year old and in perfect condition. \$500 or near offer. Phone James McVean of 311 Renfrew St., Pembroke, Ont., K8A 5S2 (1-613-732-3520)

\* \* \*

**FOR SALE**

Evening Primrose Oil capsules - 3 bottles \$25 each. Phone Johanne Falardeau at 995-6738 or 837-7173.

\* \* \*

**WANTED**

Gail Dixon is looking for an environmentally clean place to live. Would like to share accommodation and/or laundry facilities. Leave a message at 836-7656. She also needs a ride from a member in the west-end to attend our general meetings.

\* \* \*

**FOR SALE**

L-Tyrosine \$2, Zinc \$1, Nystatin \$10, Tahecho caps \$9, MHM Vitamins \$8 and Ascorbic Acid \$6. Phone Peggy Kelly (1-673-4881)

\* \* \*

**WANTED**

Members who can spare some time to type articles for Eco-Sense onto computer disk. Also needed are members with desk top publishing experience to help out with our newsletter. Call Penny 225-1462.

\* \* \*

**WANTED**

Someone with the computer capabilities to change MacIntosh files to Word Perfect, and to change Wordstar files to Word Perfect.

\* \* \*



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# Two Dynamic Women



Anne Buckingham

In this issue, I have taken the unusual step of writing about two of our members who are in the business of environmental illness issues. I met with some opposition when I first mentioned this matter at a committee meeting but I feel we should make our members aware that there are two very dynamic, knowledgeable women in business to help them. When I was diagnosed as having environmental hypersensitivities I was not aware of anyone apart from my doctor who could help me and she had such a workload that I felt that I had to keep my numerous questions to a minimum. It was with this in mind that I have included information about Virginia and Lynda in this issue.

Lynda Brooks has been counselling our members for several years while Virginia Salares has just recently set up her business. Because of the fact that both women have put so much effort into the HEF and also because their businesses are about environmental illness, I thought it would be a way of saying "thank you" to them for all their volunteer efforts.

## LYNDA BROOKS

Lynda Brooks has been involved with HEF since she was on the executive of the Ottawa Branch from 1981 to 1983. She was president of HEF Ottawa from 1983 to 1985 and was president of the National HEF from 1985 to 1987. She is a registered nurse whose interest in health has led her to training in environmental medicine, metabolic technology, Bach flower remedies and the Therapeutic Touch Practitioner courses.

Lynda counsels people on lifestyle changes, coping mechanisms, types of treatment currently available and relevant books to read to ameliorate health problems. The rotation diet which is so important is explained with recommendations as to where to take cooking lessons and books for recipes and information.

The Healthexcel Program

is another of her "weapons" in helping people attain good health. It is a program to determine your basic body type including your autonomic, endocrine and oxidative cell processes. From a 1,000-questionnaire concerning physical and psychological characteristics and responses and a diet diary, the Healthexcel survey is processed correlating your data to produce your own Health Optimization Profile. A program of diet and supplements is recommended to support your strengths and build up stressed, poorly functioning aspects of your system.

Bach Flowers are another of Lynda's helpers in her efforts to help people attain optimum health. These homeopathic type remedies have helped many people and recently she presented a very condensed talk about these remedies. What she had learned over several months had to be condensed into two hours but Lynda is always available to answer our numerous questions. So if you are interested in these - answers are not hard to come by.

Therapeutic Touch is being used by nurses and non-medical

people alike. It utilizes the hands to help the individual relax and heal. We have complex patterns of energy which can be redirected or reorganized to remove congestion and energy blocks and through this process natural healing occurs, healing powers are enhanced and relaxation is induced. It is a safe and natural therapy that you can use to help yourself and others. Lynda is willing to teach people the principles of therapeutic touch. She was taught by several instructors including Dora Kuntz.

Lynda was not in good health for several years and it was through her own recovery that she developed much of her expertise in dealing with environmental illness. It was fortunate that neither her husband nor children were affected.

Lynda has successfully completed the Metabolic Technicians course and has recently become a Certified Bach Flower Counsellor. She is an associate member of the Society for Clinical Ecology and Environmental Medicine, a member of the Bach Flower Counsellors Society Nurse Healers Association and the Canadian Association for Nurses in Independent Practice.

Aller-Sense is the name of Lynda's business and she can be reached at 97 Village Green, Kanata, Ontario K2L 1J8. Telephone number (613) 836-7656.

## VIRGINIA SALARES

This fall, our past president, Virginia Salares, started a new business as an environmental consultant. Her training, (Ph.D. in chemistry) and twelve years as an environmental activist, make her highly qualified for this job. Her principal focus is in creating clean environments in homes and businesses. She goes into people's homes to determine what the problems are and how to remedy them. Most of the homes she has visited are those of patients referred to her by physicians. She also provides consultation services



"Try to remember all the things you've eaten in the past three days."

for those who are renovating or planning to build a new house.

Four years ago, Virginia and her husband built an environmentally safe house. At that time, it was not known to what extent a clean house could help their children. The results have exceeded their expectations. Their second child, who was too sick to be at school, spent the next three years in the controlled environment of their new home, receiving five hours a week of home instruction in French. It was a period of recovery, to build her up so that she could better cope

with the outside world. Last year, she joined her Grade 4 French immersion class and has rarely been absent and she continues to do very well. The most remarkable change is the fact that she is now eating foods which she previously could not eat or whose smell would trigger severe asthma attacks. Building a "clean" house was an immense learning experience for Virginia. Living in a clean house these past four years enables her to readily recognize lurking problems in other people's homes.

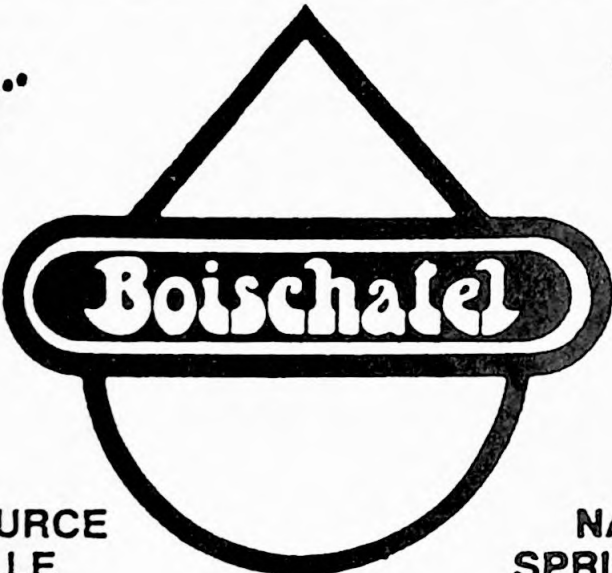
At the same time, she con-

tinues to lobby the school boards, as she has been doing for many years, to provide good environment at schools. "We are seeing some changes and the administrators are listening" she says. "What we need is a groundswell of support from other parents to increase our credibility and influence." She also continues to serve as education chairperson for HEF. (See article on pesticides)

Virginia operates under her company ENVIRONMENTAL CONSULTING LTD., telephone number is 839-5525.

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## Library Notes



### RECOMMENDED READING IN HEF LIBRARY

The Ottawa Citizen, Saturday, October 22, 1988. "Group out to raise awareness of disorder"

Article "Not tonight dear, I'm too tired" (On Epstein-Barr and chronic fatigue)

University of California, Berkeley Wellness Letter, January 1989 (bit on TMJ)

Ibid, December 1988, "Electricity and Immune System"

The Star, Allergy overwhelms Debbie Reynolds, p.19 January 31, 1989.

Ibid, p.4. Candidiasis

Status of Disabled Persons, Minutes of Proceedings and Evidence of the Standing Committee - House of Commons, Issue No. 14

Selling Canada's Environment Short - the Environmental Case against the Trade Deal (84 pages)

### NOUVELLES DE LA BIBLIOTHÈ- QUE POUR LES FRANCOPHONES

Santé, no. 42, octobre, 1988 (Médecines douces, dérèglement saisonnier de l'humeur) no. 43, Novembre 1988 (Massages, poisson, oméga-3, citrouille) no. 44, décembre 1988 (otite, danse, exercice) no. 45, janvier-février 1989 (sommeil, écran ozone, tisanes, oligo-éléments)

Le Soleil, Québec, Cancer et produits chimiques

Jugement de la Commission des affaires sociales du Québec reconnaissant le "sick building syndrome" comme une maladie professionnelle.

Condition des personnes handicapées,

procès-verbaux et témoignages du comité permanent, Chambre des communes, fascicule no. 14, le lundi, 30 mai 1988. (Tous groupes sauf nous représentés)

Thanks to Johanne Falardeau for taking the time to bring these items to our attention. Apologies: the computer was unilingual.

### TAPE LIBRARY NEWS

The Ottawa Branch of the HEF gratefully acknowledges receipt of 25 cassette tapes donated to our tape library by Dr. I. Korman, Clinical Ecologist, Toronto.

Our tape library is continuing to grow and I would encourage all members to make use of this informative resource.

At present, tapes are loaned for a period of one month and are available to members at our monthly meetings or members may contact me at my home.

Pat Gorgas (224-0801)

## WILD GAME

MANON GAUDREAU is responsible for the HEF wild game and organic meat service. It is recommended that you place orders well ahead of time to ensure better management of the meat stock.

Users of the wild game service will be asked to help out occasionally if not already contributing to some other HEF function. Tasks such as phoning, writing letters, delivering meat or ordering it from producers are the kinds of jobs that have to be done.

If you buy organic meat directly from producers and would like to share it with others, please let Manon know.

## MEAT AVAILABLE

"Organic" beef is now available to all members from the HEF meat freezer, at \$3/lb.

Moose (received in August 88) is now available for the most sensitive members at \$2/lb. Please reserve your order ahead of time.

A small amount of ground deer (that has been in the freezer over a year) is for sale at \$1/lb.

Call Manon Gaudreau for an appointment (819) 684-2036.

## Healthy Household Hints

Concerned about the radon level in your home? The Inspection Division of the Regional Municipality of Ottawa-Carleton has arranged for radon testing for \$25. Pick up a canister and bring it back to them and they will arrange for an outside agency to have it read. You have to leave the canister in your home for 48 hours. Results are available within a week. Call 722-2200 for more information.

Now available on the market is unscented Dove, reputed to be a much milder and gentler soap than Ivory according to an Ottawa doctor. It seems to be well-tolerated.

### LEAD ALERT

Be suspicious of ceramics made in Spain, Mexico, China and Japan, and antique dishes found in garage sales and flea markets. The glazes and paints used may contain lead. Improper finishing on the glazing can compound the problem.

- Avoid using dishes with decals. If you have some at home that you use, have them tested.
- Don't use acidic foods such as lemon, lemon juice, vinegar, tomatoes, tea or coffee in pottery that you suspect may contain lead.
- To be completely safe, display a suspect piece of pottery or china instead of using it for food or drinks.

If you suspect you have dishes that contain lead, you may want to invest in the Lead-Check kit. Kits cost \$21.95, plus provincial sales tax, and can be ordered from Abotex Enterprises, P.O. Box 416, Sarnia, Ont. N7T 7J2. (Canadian Living, March 1989)

Some unused food supplements can be used up as plant food. Any of the B vitamins that you are unable to tolerate will benefit plant soil, as will calcium

and other minerals. Dolomite, somewhat discredited for human consumption because of the possible heavy metal contamination, can also be placed under the soil surface and watered in. Crush first for quicker absorption or drop into the water that you use for plants.

(Thanks to Alice Kopp)

## Swap Table

If you have anything to swap with other members of HEF, bring them to the HEF meetings. Barb Bellin looks after the swap table so feel free to bring articles like books, organic foods, etc.

## Glebe Apothecary

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## Sharing Information

The CBC Sunday morning radio "The Food Show" at 8:30 a.m. often has news of interest to those of us with food and other hypersensitivities. In January there was an interview with a British woman who has developed allergies to certain foods which cause her to be electrically charged to a degree that she shorts out any electric appliance that she touches; so far, 11 toasters, 7 irons, a computer, a television set and other expensive appliances have been destroyed. A scientist explained that the normal static electricity which everybody carries on the body becomes exaggerated to a tremendous degree when she unknowingly eats something to which she is allergic. This lady, living in Yorkshire, sounded quite philosophical about her condition. When interviewed she said that she wears rubber gloves most of the time, but sometimes forgets.

The November issue of Prevention magazine has a good article called "Self-Care for T.M.J." (See HEF library)

(Thanks to Alice Kopp for these interesting notes. Let's hear from other members.)

Recently, a friend sought help for recurring sinus headaches. The clinical ecologist she consulted advised her to start vitamin supplementation and an anti-candida program. Being a full-time manager of a computer consulting firm and mother of two, she was a bit overwhelmed by the number of things she had to contend with after leaving the doctor's office for the first time. One of the recommended pharmacies was Ottawa Chemists. As she lives outside of Ottawa, she called Ottawa Chemists as it was the closest to her work location. When she called me to talk about the results of allergy tests etc., she mentioned that not only did Ottawa Chemists deliver her prescriptions to her free of charge, but also first came to her work location and picked up the prescriptions to be filled. She

could not get over the willingness of the pharmacist to provide this convenient service. In fact, I, an HEF member for 3 years, did not know of this service. I mentioned it to Greg Etue the other day and he reiterated what my friend had told me. He tries to customize the services his pharmacy offers. If you have a problem give him a call. He may be able to work out some arrangement that will cause you a lot less stress.

(Penny Corbin)

Hansard sent in by Chris Brown:  
Health - Environmental Sensitivity Disease

Hon. Chas. L. Caccia (Davenport): Mr. Speaker, thousands of Canadians suffer health problems because of a distinct sensitivity to food additives, chemicals, and other synthetic substances. Only recently has this been recognized as a physical illness. For example, last year the Ontario Medical Association called on Governments to increase research on causes, effects and treatment of environmental sensitivity, also called the 20th century disease.

Individuals, organizations, and even the Human Rights Commissioner have asked the Minister of National Health and Welfare (Mr. Epp) to take action on this serious health problem. Instead of action he has only sympathy. We urge him to recognize the existence of this illness, to instruct his Department to become

competent in the field, to launch a campaign to educate health professionals, and to consult with those who suffer from environmental sensitivity. In short, we urge him to stop sympathizing and start acting.

If you have been having problems in the last few years in dealing with Employment and Immigration please take note. Sean Madsen is collecting letters of complaint with regards to their treatment of disabled. He would appreciate any examples anyone has experienced of lack of service because of a disability. In point form write what happened, when i.e. best possible date. He is filing a complaint with the Canadian Human Rights Commission. Forward your letter to Sean Madsen, Box 2236, Station D, Ottawa, Ont., K1P 5W4.

Academy Award Winning Actress Meryl Streep, spokesperson for "Mothers & Others For Pesticide Limits" recently appeared on Donahue. She advised the audience to search out organically grown sources of foods and if they are not available in local supermarkets, to take a list of suppliers to the produce manager and demand they get them. Her group has produced a booklet called "For our kid's sake" which is available for \$7.95. Make cheque payable to "Mothers & Others" and mail to Dept D. Box 96652, Washington, DC 20090.

### ***Raging Wind Food Buying Club***

All manner of organic and non-organic health and macrobiotic foods at below-retail prices. Fresh organic fruits and vegetables every 4 wks. Phone 232-6303 Monday to Friday, 9 am - 1 pm, for complete information.

Note: \$1 off catalogue with this clipping.



# The Mind's Eye

Beverly McCulloch

You have likely heard the expression "never underestimate the power of the mind" and yet that is exactly what we do much of the time. The mind is a very powerful instrument that can be harnessed and utilized in healing by all of us. Visualization is something we can all try.

It took my physical body to misbehave before I realized I had a "mind" and to utilize it as a part of my own healing program.

I would like to share with you some of my discoveries in this exciting area of healing.

My first attempt at visualization was two and a half years ago when being quite ill, having among other health problems a severe case of chronic systemic candidiasis and I was very anxious to start the process to become well in any way that I could. I hadn't read much in print on mind healing at that time, but I came across the idea of trying imagery when I read it was being used by cancer patients in a clinic in the United States. Some degree of success was experienced by patients of various age groups who had the will to get well. I had also heard about an experiment where immobilized patients were divided into two groups. One group visualized and the other group did not. The first group visualized while immobilized that they were jogging along a road for fifteen minutes twice every day. This group showed a positive result in their physical health (muscle tone, etc.). Something was happening as a direct result of their mind jogging exercise. The second group who did not participate showed no change.

I decided to give mind healing a try. Since I had systemic candidiasis, I decided I would experiment and try and kill off the candida in my heart. I studied how our immune systems protect us first so I would know exactly what it was that I wanted to do and to formulate it. Our bodies are continually fighting invaders using the arsenal of weapons assembled by the immune system and since candida al-

bicans out of control was an unwanted invader to me, I decided to start there.

In my case, my body was so overwhelmed by candida overgrowth that it had shut off so to speak or was failing to recognize that candida was non-self and to deal with it. What I had to do was to shake things up and get the body to go after the candida and clean it up, so I started with the heart. Before I continue, I must say that this was not the right organ to start with in my case.

I set out with great zeal and activated my imagination. For four days I imagined my first line of defence, one type of white blood cells called phagocytes or cell eaters which are the patrolmen throughout the bloodstream as gobbling up the candida in my heart. Thinking that this might not do it, I called on two more kinds of white blood cells called lymphocytes to counter attack, and my killer T cells did the job. By the seventh day I had successfully killed off all of the candida in the heart and had nearly done myself in in the process. I was amazed and somewhat startled, and I was also extremely toxic from dead candida toxins in my system. It took me three weeks to recover from toxic overload and total energy loss. I also had pain in the heart area and my chest was tender for well over a week. I had certainly proven to myself that it could be done, and I had done it, but I also realized that when one unharnesses the immune system with the mind, it can be a very powerful tool and something to be taken very seriously. One should use caution when stimulating the immune system in this way, that the mental program you choose is well formulated and understood in any application before you begin. Unfortunately in my case, and because my state of health was such that I couldn't maintain the new result, the candida grew back again in the heart in short order and I was back to square one. Someone who was in better health wouldn't likely have lost

this ground. In any event the experiment was successful and was well worth the lesson.

Two and one half years later I do not have candida in my heart, my immune system is stronger and I am continuing to recover. I have never repeated this particular visualization. It is now evident that the resting giant, my immune system, was playing possum where candida overgrowth was concerned, but was alive and functioning otherwise. I decided to hang in and improve my overall health to the point where the immune system would once again normally respond to candida.

There should be no element of fear however in mind healing. Trust that the body knows what is best for it and will not harm itself.

I decided if I could do the above then certainly there were other areas in which I could harness the mind through visualization to help me with healing. I had been using Touch for Health on myself for a few months prior to this. It is a process whereby you balance the body meridians (energy pathways) by using accupressure to strengthen and to weaken certain accupressure points relating to body organs in order to bring about a balance of energy in the body for maintaining good health. Poor health can be thought of as a body out of balance. I thought I might try a shortcut and do this mentally rather than with accupressure, which at times takes a partner to help you. I lay down, relaxed and visualized my meridians running through my body and imagined that there were no blockages and that the energy was running smoothly through my meridians. I silently said "there are no blockages; my meridians are open and clear" several times. I practised this visual plus mental exercise for a day and subsequently it worked every time. I was accomplishing in a few seconds each time I set out to do this, what would have taken much longer using accupressure, and instead of doing it organ by organ, I could send

the available energy evenly balanced through my whole body immediately. Sometimes this result would last for one to two hours; sometimes longer, and then I would do it again. The result for me was as good as doing the accupressure balancing for each organ. This method could benefit everyone. Healthy people go out of balance at times too.

I am not saying here that imagery replaces Touch for Health which is an excellent procedure, but that for me, imagery was much easier and I could do it alone. Before trying this meridian balancing, it might be advisable to familiarize yourself with the Touch for Health Handbook, or any manual on body meridians.

By this time in my mind train-

ing I was excited because I realized that there didn't seem to be any limit to what I could do with my mind if my energy wasn't too low and I decided to pursue this mode of self help.

One day, after I had been practising visualization for a few months, I got a very bad muscle spasm in the arch of my foot; you know, the one where your foot curls and stiffens and your toes go into spasm too. This is very painful and can last for up to half an hour and you cannot walk. I sat down and tried to dismiss the pain, and concentrating, I visualized my foot relaxing and the muscle straightening and smoothing out, over and over and over again. I silently said many times as I visualized it, "the muscle in my foot is

relaxing and is going back to normal." "The muscle is now relaxed and smooth." This took three minutes and it worked. I have done this with leg muscle cramps too; however, the visualization must be aggressive to work effectively.

I have also had success with headaches. It must be stressed, however, that you must know clearly what you want to accomplish and to form the mental picture in your mind before you begin and to visualize it as actually happening in order to be successful, and to verbalize that it is happening as you visualize. The visualization that you might wish to formulate would depend on what type of headache you have as different things occur with different types of headaches; expansion, contraction, tension, etc.

It would be most helpful when undertaking this exercise to be sure at the completion of the visualization that you think or say to yourself with certainty - "there, that has helped" or "there, that has done it" or your own words to that effect, and this will create a greater certainty in the consciousness. As positive thoughts can create what you want, negative thoughts (uncertainty) can also cancel out any accomplishment very quickly and the exercise will not work. So it would be best to not undo what the visualization has accomplished by not having confidence in what you have done. At the end of the treatment believe that you have done it and it will work for you.

I might say that I feel a pressure between my eyes bordering on a mild headache when I am activating my mind. This would serve to prove in my case that the mind is in gear, so one shouldn't be surprised if this occurs. It stops immediately when the imagery is discontinued.

I have now reached the point after more than two years where I have control over my body organs to a degree and am continuing to pursue this. I can't give all the examples at this writing, but I can slow down my body and I can speed it up and compensate for over- and under-reacting. I can remove pain in organs to a degree where I understand the underlying cause. I believe that individual organs have a rudimentary intelligence

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of their own and I direct my mind to individual parts of my body as well as to the whole to get results in healing and it has been working for me.

When I am on a shopping trip, or out in the car, I quite often park the car, put the car seat back and visualize to balance my body energy as I can feel when I am out of sync. Going into Ottawa for me (I live in the country) has a very negative effect to say the least, with the toxins in the air and stores, and just being in the car itself. Body energy can go out of balance very easily and people with

environmental illness create imbalances all the time when they are reacting, so I take time out to regain equilibrium during the course of my outing and balance my available energy. It only takes a few seconds.

Life is energy. Everything in the cosmos is energy. Energy is an interesting field of study and moving energy around in the body to achieve balance for improved health, or to maintain good health for the more fortunate, is but the tip of the iceberg as there are many varieties of energy and each could be an interesting field

of study in itself. I am presently exploring other applications for energy related to well being.

I have also been trying visualization/colour therapy with much success, to deal with infections and viruses and a further article will explore this aspect of healing.

Why not give mind healing a try? Experiment and try to get visualization in the subconscious and have the ability to give a focus for energy to create a healthy body for yourself.

## Love Circle

Judy Benson

Twice monthly a group of people who have Environmental Hypersensitivity and a will to help each other in a total healing concept, meet to share information and positive energy towards that goal. The Love Circle gets together every other Monday evening - every second week in the East End (Orleans area) and the other week in the West End (Barrhaven-Heart's Desire area) and anyone interested in joining the Circle would be welcome.

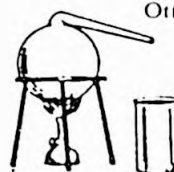
Generally we begin with a period of guided meditation, then participants share Therapeutic Touch as an energy balancer. The group members then share their experiences and support each other in pursuing "A Course in Miracles", which is a method and guide towards eliminating limiting beliefs.

To close each session the Circle sings a song together reinforcing that they are self-accepting and OK - in other words strengthening self-love. Then there is tea.

To obtain more information call Lesliac Rotor 830-7968.

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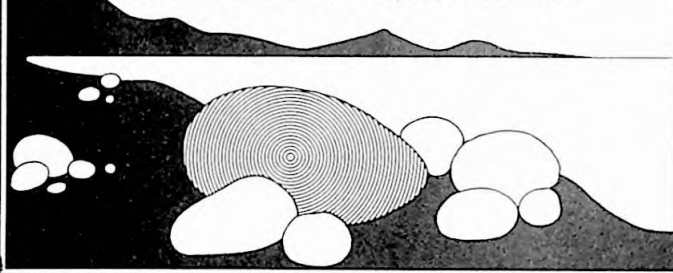


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## DIETHYLSTILBESTROL (DES) CONFERENCE

Lynda Brooks

I was recently at an international DES conference. The delegates were DES mothers, daughters, sons and interested parties from France, The Netherlands, Canada and the USA.

The part of the conference that I would like to bring to the HEF members' attention is that which dealt with DES and the immune system. The DESAP project, (a research questionnaire project in the U.S.) has discovered an increase in autoimmune conditions among DES-exposed offspring. Environmental illness was not one of the conditions to be checked off. I solicited their views about doing a reverse study and there was a positive response.

I would like you to fill out this questionnaire and send it to me. Are you DES exposed or do you even know?

Thank you for your participation.



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## ENVIRONMENT DAY

Johanne Falardeau

June 5, 1988 was Environment Day and the first Move-a-thon was held in Ottawa. To celebrate, the public was invited to walk or run 14 kilometers or cycle 25 kilometers; their passports were stamped at 7 checkpoints strategically located along the way. These checkpoints were set up and manned by local environmental groups who provided the walkers, runners and bikers with information on the purpose of their organization. Each point had a theme and ours was the beach closures due to pollution and the inaction of the various levels of government involved in spite of their promises.

The Move-a-thon organizers are planning to hold this event yearly. As well as being a healthy fund-raising activity, it sure is a great way to show solidarity within the "environmentally-minded" community. The proceeds are split between the organizing committee and the group identified on participants' pledge sheets.

Grace and Bob Crout and Penny, Ian and Alena Corbin manned the HEF checkpoint at Brighton Beach, while I rode my bicycle. Thanks a million for your contribution and also thanks to Barb Bellin for letting us use her place as a drop-off/pick-up point and to members who participated.

We are getting better known as we find the strength to participate in more community activities. We are starting to make our concerns known and our knowledge concerning environmental issues is being tapped.

Let's hope we have more than three weeks notice this year so we can inform you about a fun family outing.

Keep up the good work.

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## Events Events Events Events Events Events

Our general meetings are always held on the third Thursday of the month at the McNabb Community Centre on Percy Street and always at 7:30 pm. Look for notices in the Citizen in the "NOTICEBOARD" section which gives information for events taking place the next day. Notices are also posted at various locations like health food stores.

Thursday, April 20: Visualization  
Anne Carter

Sunday, May 7, 10 am - Noon: Spring Wild Food Outing with Martha Webber

\$5 per person. (Covers herbal teas and edible spring greens)

Please phone ahead to confirm 839-5217

Meeting place: Martha Webber's farm

Thursday, May 18: Electromagnetic Radiation. Is it Affecting Your Health?

Dr. Ross Mickelson

Thursday, June 15: To be announced

Friday, June 16, 6 pm, (tentative date): Potluck Dinner

Bring a wholesome dish, organic

ingredients if possible, good for 6.

Sunday, August 27: Organic Garden Tour and picnic  
Call Virginia Salares if interested (839-5667)

Directions to Martha Webbers farm: Exit the Queensway at Eagleson-March exit. Drive on March road for 7 or 8 miles. Turn right on Dunrobin Rd. Martha's house is 1 1/4 miles from March/Dunrobin intersection. Grey mailbox on the left marked Webber. Park on road on mailbox side. If you go past Custom Precast, you have gone too far.

## Workshops Workshops Workshops Workshops

Saturday appears to be a good day for workshops. As of the end of March, some 40 participants have attended workshops on income tax, therapeutic touch, introduction to environmental sensitivity, Bach flower remedies, chemicals and water purification, and complementary therapies. Thanks to all the speakers for their interesting and useful talks.

Special thanks to Ken Tam-madge of Ward Mallette Chartered Accountants for a very informative income tax session last January. Thanks to Grace Crout for making the suggestion.

If you have any suggestions

for future workshops, please call Penny Corbin (225-1462).

There is still time for you to register for the following workshops:

April 22: Communicating Effectively with your doctor, family, friends, employer.

Anne Castle, Lynda Brooks, Moira Geller, Kitty Nelms

May 13: Cooking with Special Ingredients

Janet Lee

(This workshop is full. Other dates can be arranged if there is enough interest)

May 27: Aroma Therapy  
Diana Pederson

June 10: Candidiasis  
Lynda Brooks, R.N.

PRE-REGISTRATION IS REQUIRED FOR WORKSHOPS. DEADLINE FOR REGISTRATION IS 2 WEEKS BEFORE WORKSHOP DATE. PREPAYMENT OF \$5 IS DUE ON THAT DATE. NO REFUNDS CAN BE GIVEN AFTER REGISTRATION DEADLINE. CALL PENNY CORBIN AT 225-1462.





**THE HUMAN ECOLOGY FOUNDATION OF CANADA** is a charitable organization under Canadian law, operating on a non-profit basis.

One of the purposes of The HUMAN ECOLOGY FOUNDATION is to promote the free exchange of information on the prevention and treatment of Ecological Illness. People who are ecologically ill are no longer able to adapt well to common exposures in their everyday environment.

On a local basis, HUMAN ECOLOGY FOUNDATION Branches work toward finding sources of chemically less-contaminated food, water, clothing and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms.

Membership in the HEF includes a subscription to ECO-SENSE, the newsletter of the Ottawa Branch, and to The H.E.F. Quarterly, from the National Office. Each is produced four times a year. The cost of an annual membership and subscription is \$20.

A Membership Application form is inside this copy of ECO-SENSE, which, along with any enquiries may be directed to:

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